

# Dummies and Talking

*Dummies all day keep the talking away!*

## Dummies can help...

- ♦ To prevent cot death in the first year of life.
- ♦ Can help to settle young babies when they are unwell or upset.

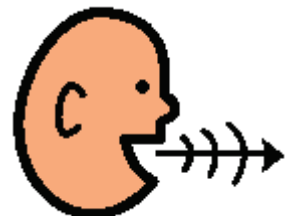


**BUT**

## Using a dummy after the age of 1 can...



- × Prevent your child from practising talking.
- × Your child may have difficulty saying sounds at the front of their mouth e.g. p, b, t, s and d.
- × It may result in your child being referred to Speech and Language Therapy.
- × Increase the risk of tooth decay.



## Ditching the Dummy!

- Be prepared for tantrums! Most children will usually stop asking for their dummy after a week.
- Talk to your child about giving up their dummy.
- Set a date for when you will throw all the dummies away and stick to it.
- Make a clean break and throw all dummies away.
- Encourage your child to leave their dummy for Santa, Easter Bunny or the Dummy Fairy.
- Use a sticker chart!